

# Protect Yourself from the Flu!

The flu affects millions of people each year and can lead to serious illness, or even death. The flu is caused by the influenza viruses that infect the lungs, throat, and nose. According to the Centers for Disease Control and Prevention (CDC), one of the best ways to prevent the flu is by getting vaccinated each year.

## Get Your Flu Shot for Free!

Talend's plans cover flu shots provided in a clinical setting as a preventive care service at 100%, no member copay or deductible. In other words – the flu shot is free! See below for more information on how to obtain your flu shot.

## United HealthCare Enrollees

You and your family can obtain a flu vaccine at one of United HealthCare's participating pharmacies like Walgreens or CVS, at your in-network physician's office, or through an in-network medical group's flu clinic.

To find participating pharmacies using the network provider search, click on the following link: [UHC Flu Locations](#)

## Kaiser Enrollees

You and your family can obtain a flu vaccine at a Kaiser facility or Kaiser flu clinic. Visit [kp.org/flu](http://kp.org/flu) for more information.

## Don't Know If You Should Get the Flu Vaccine?

### Here Are a Few Items to Consider:

- Most people get better from the flu without problems, but the flu can be deadly. It can lead to serious health problems such as pneumonia, or it can make an existing disease worse.
- A flu vaccine may not always keep you from getting the seasonal flu, but it can make the symptoms milder and lower the risk of other health problems from the flu.
- The CDC recommends that everyone age 6 months and older should get a flu vaccine, especially those at high risk including young children, pregnant women, older adults, and people who have chronic diseases or weak immune systems.

